

# HOSA Behavioral Health QBank

## (Questions & Answers)

The construct of observational learning in Social Cognitive Theory explains that: a. behavior has to be demonstrated in order to be learned.

b. a one-way mirror should be used to observe behavior in a clinical setting.

c. only simplistic behaviors are learned through observation.

d. behavior is learned by watching other people. **behavior is learned by watching other people**

The usefulness of the Social Cognitive Theory construct of observational learning is determined by:

a. the intention of the observer to learn the behavior

b. the reward to be given for learning the behavior

c. the amount of time given the observer to learn the behavior.

d. the extent of attention given to the person modeling the behavior. **the extent of attention given to the person modeling the behavior**

In using the Social Cognitive Theory concept of reciprocal determinism to elicit behavior change you would focus on?

a. the process of determining what should be given in return for adopting a healthy behavior.

b. the relationship between doing the most amount of good with limited resources.

c. the interplay between a behavior, personal factors and the environment.

d. the effect the changed behavior has on the person's perception of self. **the interplay between a behavior, personal factors and the environment**

The Social Cognitive Theory concept of reciprocal determinism explains behavior as being the result of:

a. people in give and take relationships working together.

b. an interaction between people, their environment and their behavior.

c. the back and forth relationships we have with those in our social networks.

d. following individual principles of fairness and reciprocity. **an interaction between people, their environment, and their behavior**

According to Social Cognitive Theory, behavior is influenced by expectations. Which of the following demonstrates this?

a. People brush their teeth to reduce the risk of cavities.

- b. In general, people need 7-9 hours of sleep each night.
- c. Children should have time to exercise during school hours.
- d. High blood pressure can be controlled. **people brush their teeth to reduce the risk of cavities**

One of the responsibilities of your position at the local health department is to visit preschools in the community and teach children about health. You want to use the Social Cognitive Theory construct of observational learning to encourage youngsters to choose fruits over candy for snacks. Which of the following reflects this approach?

- a. Show a video of a "super hero figure" choosing an apple instead of a candy bar.
- b. Have a police officer visit and "arrest the candy" because it's not good.
- c. Offer the children a choice of a candy bar or an apple and reward those who choose the apple.
- d. Send apples home with the children and a letter home informing parents that the health department advises they only have fruit for snacks in the home. **show a video of a "super hero figure" choosing an apple instead of a candy bar**

57. The low rate of flu immunization among students living in residence halls at ABC University is cause for concern. When surveyed to find out the underlying reason for this, the health office staff discovered a large number of students were afraid of needles. To increase student vaccination rates, they decided to offer nasal administration along with injection. Which construct of Social Cognitive Theory below would be consistent with this approach to behavior change?
- a. Emotional arousal
  - b. Expectancies
  - c. Observational learning
  - d. Reinforcement **emotional arousal**

People over 65 in ABC Township, in general do not participate in the annual flu vaccination program. After discussion with the more vocal citizens among this group, it was found that they do not believe it is worth the risk of getting sick from the vaccine itself, which sometimes happens. To counter this concern, which construct of Social Cognitive Theory would be consistent with this approach to behavior change?

- a. Reinforcement
  - b. Self-efficacy
  - c. Expectancies
  - d. Observational learning
- Expectancies**

Women who avoid having mammograms often sight the reason for their behavior as not wanting to know if they have cancer, i.e. ignorance is bliss. Which of the following constructs of the Social Cognitive Theory would explain this behavior?

- a. Reinforcement

- b. Expectancies
- c. Self-regulation
- d. Emotional arousal **emotional arousal**

The construct of expectations in Social Cognitive Theory explains that people avoid certain health behaviors because they:

- a. anticipate the outcome to be unpleasant.
- b. assume they will fail at implementing the behavior.
- c. do not see a benefit in undertaking the behavior.
- d. believe their significant others would be opposed to the behavior. **anticipate the outcome to be unpleasant**

When using the Social Cognitive Theory construct of reinforcement to change behavior: a. behavior change initiatives are repeated.

- b. desirable behavior is rewarded.
- c. skills are taught in a variety of ways.
- d. mastery experiences need to be provided. **desirable behavior is rewarded**

An innovative way to reduce the burden of diseases related to aging - dementia, diabetes, cancer - would be to slow the aging process. To this end, the FDA has approved research on a drug that may be able to do just that - slow aging. If research results show the drug does in fact do this, use of the drug would most likely be adopted because it meets which of the following characteristics of an innovation? a. Inexpensive

- b. Advantageous
- c. Repeatable
- d. Explainable **advantageous**

In an effort to enroll the majority of students on XYZ campus in an innovative new program, you have decided to use Diffusion of Innovation as the basis for your recruitment efforts. As such, your advertisements and flyers would contain which of the following messages?

- a. be the first to.....
  - b. join the "in" crowd.....
  - c. everyone is coming....
  - d. don't be left out.....
- be the first to...**

You are planning a comprehensive, year-long early detection lead poisoning program for Anytown, NJ, that uses a state-of-the art home lead detection kit. Your first intervention must be a communication campaign to increase awareness of the lead poisoning in the town. Which

of the following theories would be most appropriate to use as the framework for the whole program? a. Transtheoretical Model

b. Diffusion of Innovation

c. Self-Efficacy Theory

d. Social Cognitive Theory **diffusion of innovation**

According to Diffusion of Innovation, in order for an innovation to ultimately be adopted it has to be:

a. Easily accessed.

b. Inexpensive.

c. Observable.

d. Available to people at all levels of the social ladder. **Observable**

To increase the likelihood of older adults using a new health app, the information about it should come from:

a. Health care professionals

b. Grandchildren

c. Friends

d. Siblings **health care professionals**

The first step in the innovation-decision process of Diffusion of Innovation is: a.

determining the cost of the innovation.

b. having knowledge of the innovation.

c. identifying need for the innovation.

d. trying the innovation.

**having knowledge of the innovation**

If you wanted to encourage someone to develop a positive attitude toward an innovation, during which stage of the innovation-decision process of Diffusion of Innovation would you focus your efforts? a. Awareness

b. Persuasion

c. Trial

d. Reinforcement **Persuasion**

According to Diffusion of Innovation, what is the relationship between the attitude toward an innovation and its ultimate adoption?

a. If the attitude is positive, the likelihood of adoption is increased.

b. If the attitude is negative, the likelihood of adoptions is not affected.

- c. If the attitude is neutral, adoption is decreased.
- d. There is no relationship between the attitude toward an innovation and its ultimate adoption. **if the attitude is positive, the likelihood of adoption is increased**

You used Diffusion of Innovation to develop a campus wide walking program aimed at increasing physical activity among the faculty and staff. During which phase of the innovation-decision process would you expect to begin seeing more people walking on campus.

- a. Confirmation
- b. Decision
- c. Implementation
- d. Reinforcement **Implementation**

If you were implementing a program to address the transportation needs of older adults who no longer drive, based on the idea that "It Takes a Village" it be important to get the "Innovators" in your town interested in it first because they:

- a. are the risk takers who try everything as soon as possible.
- b. are the community leaders who set the tone for others.
- c. have a large circle of friends at all SES levels.
- d. have the connections to provide financial backing to sustain implementation. **are the risk takers who try everything as soon as possible**

You'll know everyone on the adoption curve is using your innovative exercise program as soon as which of the following groups begins using it? a. Idlers

- b. Late adopters
- c. Slackers
- d. Laggards **Laggards**

You are developing an innovative program to the increase fruit and vegetable intake of preschoolers. According to the construct of communication channels in, the best means to inform the people for whom this program is intended is to:

- a. Have the physicians in the community inform their patients.
- b. Do a mass mailing to all parents who have children in day care.
- c. Post information about the program on Facebook.
- d. Enlist a group of parents to help you spread the word among their peers. **do a mass mailing to all parents who have children in day care**

In developing a school-based childhood obesity program using a social ecological approach, which level would be addressed by focusing on the food served in the cafeteria?

- a. Internal level.
- b. Interpersonal level.

- c. Educational level.
- d. Institutional level. **institutional level**

If you were developing an intervention for employees at the very progressive XYZ corporation to help them achieve a more satisfying work/life balance, which level of the social ecological model would you be addressing? a. intrapersonal level.

- b. relational level.
- c. societal level.
- d. organizational level.
- intrapersonal level**



### Question 1

1.3 out of 1.3 points



Theories

Selected Answer:

come from a need to solve a problem.

Answers:

**come from a need to solve a problem.** are tested and become laws.

cannot be changed once developed.

determine cause and effect.



### Question 2

1.3 out of 1.3 points



Behavioral control is determined by a set of beliefs the person has that help or hinder performance of the behavior.

Selected **True**

e

Answer:

**e**

False

Answers:

True



### Question 3

1.3 out of 1.3 points



In accordance with Self-Efficacy Theory, people generally only do what they think they can do successfully, and do not things they believe they will fail.

Selected **True**

e

Answer:

**e**

Answers:

True

e

False



#### Question 4

1.3 out of 1.3 points



Which construct of Self-Efficacy Theory would you use to explain behavior based on how we feel when we think about engaging in a particular behavior.

Selected



Answer:

Somatic and emotional states

Answers:

Verbal persuasion



Somatic and emotional states

Mastery experiences

Vicarious experiences



#### Question 5

1.3 out of 1.3 points



According to the Health Belief Model, which of the following demonstrates a cue to action?

Selected Answer:



Answers:

Placing an article in the local paper about influenza vaccination.

Placing an article in the local paper about influenza vaccination.

Having people in a smoking cessation program identify a quit date.

Asking students to choose the type of game they want to play in a physical education class.

Serving low sodium food at a senior center.



#### Question 6

0 out of 1.3 points



Which if the following theories would be consistent with addressing the issue of student alcohol use by forming a club for students who don't drink so they can support each other's decision not to drink.

Selected Answer:



Health Belief Model

Answers:

Health Belief Model

Self- Efficacy



Theory of Reasoned Action

Diffusion of Innovation



### Question 7

1.3 out of 1.3 points



Subjective norms are useful in explaining behavior because they reflect:

Selected



Answer:

Personal perception of behaviors perceived as expected by others.

Answers:

Attitudes and beliefs toward the behavior



Personal perception of behaviors perceived as expected by others.

The extent of control over normal behaviors.

Societal expectations of those in the community.



### Question 8

1.3 out of 1.3 points



Which of the following would be most consistent with the use of mastery experiences in Self-Efficacy Theory as the basis for an HIV risk reduction program?

Selected



Answer:

Demonstrating proper application of a condom using anatomical models and providing opportunity for practice

Answers:

Showing a video about the biology of the human immunodeficiency virus.

Providing educational materials on the pathophysiology of HIV infection

Having guest speakers with HIV discuss how the infection has changed their lives.



Demonstrating proper application of a condom using anatomical models and providing opportunity for practice



### Question 9

1.3 out of 1.3 points



Of the following, which best demonstrates the use of the Self-Efficacy construct of verbal persuasion?

Selected



Answer:

Encouraging parents to commend their children for choosing fruit over chips as an after school snack.

Answers:

Instructing teachers warn children they are not permitted to bring cookies to school for dessert.

Having pediatricians inform parents about healthy snack foods for their children.



Encouraging parents to commend their children for choosing fruit over chips as an after school snack.

Using role models to tell students about the benefits of eating healthier foods.



### Question 10

1.3 out of 1.3 points



An example of stimulus control, one of the processes of the Transtheoretical Model, for someone who wants to change their diet to vegetarian would be:

Selected



Answer:

Donate all meat based food items in the kitchen to a food bank.

Answers:

Ignoring what others have to say about their decision

Keeping the behavior change a secret

Cutting the portion size of meat eaten in half



Donate all meat based food items in the kitchen to a food bank.



### Question 11

1.3 out of 1.3 points



The underlying concept of Attribution Theory is:

Selected



Answer:

a cause or explanation for things that happen.

Answers:

intention to engage in a behavior.

personal beliefs of behavior initiation.



a cause or explanation for things that happen.

the relationship between a person and the environment.



### Question 12

1.3 out of 1.3 points



Theories are used as the basis for public health programs or interventions because they provide:

Selected



Answer:

a possible explanation for health behavior.

Answers:

the reason why the health problems exist.



a possible explanation for health  
behavior. the basis for funding  
decisions. answers as to disease  
causality



### Question 13

1.3 out of 1.3 points



Which of the following demonstrates an internal, stable cause of behavior?

Selected



Answer:

intellect

Answers:



intellect

intention

skill

desire



### Question 14

1.3 out of 1.3 points



Which of the following theories would be most appropriate to base an intervention on that aims to increase participation in testicular cancer screening among high school students in an effort to combat the idea that cancer is an "old person's disease" .

Selected Answer: Health Belief Model

Answers:



Health Belief Model

Attribution Theory

Theory of Reasoned Action

Self-Efficacy Theory



### Question 15

1.3 out of 1.3 points



To assist people in maintaining their new behavior according to the Transtheoretical Model, which of the following would be helpful?

Selected



Answer:

Establishing self help groups and strengthening helping relationships

Answers:



Establishing self help groups and strengthening helping relationships

Proving information about the health problem being addressed

Conducting values clarification exercises

Examining the effect the new behavior has on the external environment



### Question 16

1.3 out of 1.3 points



Changing the legal limit for a DUI arrest would be consistent with which theoretical level of intervention?

Selected



Answer:

Community

Answers:

Intrapersonal

Interpersonal



Community

Regional



### Question 17

1.3 out of 1.3 points



Which of the following is true of the construct of mastery experiences in the SelfEfficacy theory?

Selected



Answer:

It is the most effective means by which to increase self-efficacy.

Answers:



It is the most effective means by which to increase self-efficacy.

It enable people to keep trying to learn something new even after repeated failures.

It is based on people learning from others who are masters at the new behavior.

It requires an evaluation by others as to the extent of mastery.



### Question 18

1.3 out of 1.3 points



When a woman shares that she is afraid to join a gym because people will be watching her exercise and they will laugh because she is so out of shape, this is consistent with which of the following processes of change seen in the Transtheoretical Model?

Selected Answer:



Dramatic relief

Answers: Counter- conditioning



Dramatic relief

Environmental Reevaluation

Social liberation



### Question 19

1.3 out of 1.3 points



A manual that increases knowledge of the health problem being addressed and provides possible solutions would be appropriate to help people with an external locus of control change their behavior.

Selected



Fals

Answer:

e



Fals

Answers:

True

e



### Question 20

1.3 out of 1.3 points



Self-efficacy is increased through vicarious learning if:

Selected



Answer:

the person being observed is like the observer.

Answers:



the person being observed is like the observer.

the behavior is easier to demonstrate than to explain in words.

there is opportunity for practice what is observed.

there is a relationship between the observer and the observed.



### Question 21

1.3 out of 1.3 points



The construct of perceived barriers refers to:

Selected Answer:



the things a person sees as impediments to change.

Answers:

a person's lack of comprehension about the seriousness of a health problem.

beliefs related to the financial obligations of adopting a new behavior.



the things a person sees as impediments to change.

any rule or regulation that may interfere with changing behavior.





### Question 22

1.2 out of 1.2 points



A theoretical concept is:

Selected   
Answer: the idea upon which the theory is based


Answers:   
the idea upon which the theory is based  
the means by which a theory is measured  
the way in which the theory is applied  
the outcome of the theory in practice

?

### Question 23

1.3 out of 1.3 points



Attitude toward a behavior affects intention to engage in the behavior. Selected 

?

### Question 24

True


Answer: e

1.3 out of 1.3 points

Answers:  True



Which of the following is  False consistent with a model

Selected Answer: 

A composite of concepts from any number of different theories.

Answers: A specific theoretical concept that is used in a specific setting for a given population.  
Several related constructs from one theory



A composite of concepts from any number of different theories.

An example of how a theory can be applied to address a particular health issue.

?

### Question 25

1.3 out of 1.3 points



Which of the following best summarizes a theory's concept?

Selected 

Answer: It is the foundation or idea underlying the theory

Answers: It is the way in which the theory is used



It is the foundation or idea underlying the theory

It is the outcome expected from using the theory

It is the operationalization of the constructs


?

### Question 26

1.3 out of 1.3 points




The Theory of Reasoned Action explains behavior based on:

Selected 

Intrapersonal

Answer: factors

Answers: 

Intrapersonal factors

Environmental factors

Educational factors

Social factors



### Question 27

1.3 out of 1.3 points



Which of the following best summarizes the concept of the Self-Efficacy Theory?

Selected 

Answer: People will only try things they think they can do.

Answers: People will try anything they haven't done before.



People will only try things they think they can do.

People will not do anything they can't do perfectly.

People will repeat something new until they get it right.




### Question 28

1.3 out of 1.3 points  Volitional control refers to:

Selected 

Answer: behaviors we can decide to engage in, at will

Answers: 

behaviors we can decide to engage in, at will

policies and regulations used to support behavior change.

the ability to maintain a behavior change the external system needed to support behavior change.



### Question 29

1.3 out of 1.3 points



Which of the following is true of the Health Belief Model?

Selected 

Answer: It is the most commonly used theory in health education and promotion.

Answers:



It is the most commonly used theory in health education and promotion.

It was initially developed to explain why people didn't exercise.

It is based on rational emotive therapy.

It examines behavior from a religious perspective.



### Question 30

1.3 out of 1.3 points



Theories at the \_\_\_\_\_ level focus on the assumption that other people in our lives affect our health decisions and thus, our health behavior.

Selected



Answer:

Interpersonal

Answers:

Intrapersonal



Interpersonal

Community

Societal



### Question 31

1.3 out of 1.3 points



Which of the following demonstrates content on a flyer geared toward increasing the flu immunization rates of older adults, using the Health Belief Model construct of perceived susceptibility?

Selected Answer:



The age groups most at risk for contracting the flu

Answers:

The dates and times vaccinations are available at the health department

A list of possible symptoms



The age groups most at risk for contracting the flu

A detailed explanation of flu complications in the different age groups



### Question 32

1.3 out of 1.3 points



Instruction from a physician is more successful in changing behavior of people with an external locus of control than in people with an internal locus of control.

Selected



True

Answer:

e

Answers:

True

e

False



### Question 33

1.3 out of 1.3 points



The self-liberation process of change in the Transtheoretical Model is similar to self-efficacy in that it is:

Selected



Answer:

predicated on personal belief in ability to change

Answers:



predicated on personal belief in ability to change influenced by verbal persuasion  
effective for behaviors under volitional control  
strengthened by past experiences



### Question 34

1.3 out of 1.3 points



According to the Transtheoretical Model, in order for behavior to change, which of the following conditions have to be met?

Selected



Answer:

The pros of changing the behavior have to outweigh the cons

Answers:



The pros of changing the behavior have to outweigh the cons  
Subjective norms need to be assessed and addressed  
Self-efficacy needs to be strong  
The behavior to be changed has to be under volitional control.



### Question 35

1.3 out of 1.3 points



The impetus for the development of the Transtheoretical Model was:

Selected



Answer:

the desire to explain how people with addictive behaviors change

Answers:

the need for a model that encompassed all of theories addressing societal behavior change  
a way to fill a void for a means by which to change behavior at the individual level



the desire to explain how people with addictive behaviors change  
a gap in knowledge about how to initiate behavior change around issues associated with poverty and poor health.



### Question 36

1.3 out of 1.3 points



Attitudes are formed by a series of beliefs which result in a value being placed on the outcome of the behavior

Selected



True

Answer:

e

Answers:



True

e

False



### Question 37

1.3 out of 1.3 points



Which of the following exercise programs for older adults at a local gym best demonstrates the use of the construct of vicarious learning in the Self-efficacy theory?

Selected



Answer:

An older adult member of gym guides the others through the exercises.

Answers:

The exercise sessions are taught by a personal trainer from the gym.

A cartoon video is used to demonstrate the exercises.

The granddaughter of one of the program participants runs the sessions.



An older adult member of gym guides the others through the exercises.



### Question 38

1.3 out of 1.3 points



Attribution theory would be a reasonable foundation for a behavior change intervention based on:

Selected



Answer:

identifying causes of unwanted behaviors and changing them different outcome occurs.

Answers:

removing barriers that impede adoption of healthier behaviors.

increasing knowledge and skills as needed on an individual basis.

providing the necessary support for the acquisition of the new behavior.



identifying causes of unwanted behaviors and changing them different outcome occurs.





### Question 39

1.3 out of 1.3 points



Which of the following statements is consistent with an internal locus of control?

Selected Answer: 

Answers: I do  During flu season, I wash my hands more often to avoid getting sick. whatever my doctor tells me too regarding my health.



During flu season, I wash my hands more often to avoid getting sick. Luck has been on my side this year, I didn't catch one cold.

There is no sense in wearing a seat belt, if you're meant to get hurt in an accident, you will.


?


#### Question 40

1.3 out of 1.3 points



The underlying concept of the Health Belief Model explains that behavior results from:

Selected Answer: 

 individual beliefs and perceptions.

result of beliefs.

Answers: intention to engage in the behavior as a

the relationship between the environment, societal beliefs and the person.

a series of stages and processes.

 individual beliefs and perceptions.

?

#### Question 41

1.3 out of 1.3 points



The Theory of Reasoned Action would be appropriate to use as the basis of a program aimed at:

Selected Answer:  changing intention.

Answers: modifying threat.

increasing critical thinking.



changing intention.

decreasing external locus of control.


?

#### Question 42

0 out of 1.3 points



The difference between the Theory of Reasoned Action (TRA) and the Theory of Planned Behavior (TPB) is that the TPB:


Selected Answer: 

puts less emphasis on individual behavior than the TRA

Answers: is more effective in changing addictive behaviors

is based on logic model, the TRA is based on the Health Belief Model



 contains the construct of behavioral control, the TRA

does not.

puts less emphasis on individual behavior than the TRA



### Question 43

0 out of 1.3 points



Which of the following statements is consistent with an external locus of control?

Selected Answer:

The book I just bought has great advice to help me better manage my stress.

Answers: I need to exercise more and cut back some on my calories intake in order to lose weight.

The book I just bought has great advice to help me better manage my stress.



My dentist told me to floss more often.

There are great sites on the internet to get information about disease prevention.



### Question 44

1.3 out of 1.3 points



Behavioral control is the extent of control we believe we have over what happens to us.

Selected



Fals

Answer:

e

Answers:

True



Fals

e



### Question 45

1.3 out of 1.3 points



In the Transtheoretical Model, before a person can move from contemplation to the next stage which of the following must occur?

Selected Answer:

Answers:

A decision must be made to pursue the change

A plan must be completed so the behavior change can occur



A decision must be made to pursue the change

A system of rewards and punishment must be established

A commitment to a change date has to be made



### Question 46

1.3 out of 1.3 points



Theories that explain behavior at the intrapersonal level would focus on factors such as:

Selected Answer:



Gender and beliefs

Answers: Relationships and expectations

Societal expectations and

cultural norms

Public policies and laws



Gender and beliefs



### Question 47

1.3 out of 1.3 points



Which of the following processes of change is most similar to the concept of self-efficacy?

Selected Answer:



Self-liberation

Answers:



Self-liberation

Counter-conditioning

Dramatic relief

Reinforcement management



### Question 48

1.3 out of 1.3 points



\_\_\_\_\_ is the construct of the Theory of Reasoned Action that explains behavior based on our ability to do something at will?

Selected



Answer:

volitional  
control

- Answers:
- ☐ vocational control
  - ☒ volitional control
  - ☐ voluminous control
  - ☐ vicarious control

?

### Question 49

1.3 out of 1.3 points



Which of the following is the construct of the Theory of Reasoned Action that explains behavior based on a series of beliefs?

Selected Answer: ☒

attitude toward the behavior

Answers: ☒

- attitude toward the behavior
- aptitude to understand the behavior
- association between action and change approach

?

### Question 50

1.3 out of 1.3 points



Which of the following would be an example of the Transtheoretical Model counter conditioning process of change.

Selected Answer: ☒ A soda drinker switching to water.

- Answers:
- ☐ A smoker choosing a quit date
  - ☐ A runner walking part of the time.
  - ☐ An overeater using a smaller plate for his food
  - ☒ A soda drinker switching to water.

?

### Question 51

1.3 out of 1.3 points



Which of the following is the construct of the Theory of Reasoned Action that explains behavior based on what we think others expect of us?

Selected ☒

subjective

Answer: **norms**

- Answers:
- societal marketing
  - ☒ subjective
  - norms
  - social capital
  - subjected justice

?

### Question 52

1.3 out of 1.3 points



Which construct of the Self-Efficacy Theory would you use to explain behavior based on observing the success or failure of others who are similar to us?

Selected Answer: ☒

**Vicarious Experiences**

- Answers:
- Verbal persuasion
  - Somatic and Emotional States
  - Mastery Experiences
  - ☒ Vicarious Experiences

?

### Question 53

1.3 out of 1.3 points



Of the process of change below, which would you use to move people from precontemplation to contemplation if using the Transtheoretical Model to implement a behavior change?

Selected Answer: ☒ **Consciousness raising**

- Answers:
- Social liberation
  - Environmental reevaluation
  - ☒ Consciousness raising
  - Helping relationships

?

### Question 54

1.3 out of 1.3 points



Which of the following demonstrates an internal, unstable cause of behavior? Selected



Answer: knowledge  
Answers: genetic  
predisposition  
family history past  
experiences  
knowledge

?

### Question 55

1.3 out of 1.3 points



When using community level theories, behavior change is predicated on:

Selected Answer:

Answers: Changing factors within social systems

Changing factors within social systems  
Formal education of large groups of people  
Assessing the knowledge level of the population  
Understanding the community's unique cultural composition.

?

### Question 56

1.3 out of 1.3 points



If someone has not given any thought to changing his/her behavior, according to the Transtheoretical Model this person:

Selected Answer:

Answers: is in the pre-contemplation stage of change

Answers: is in the pre-contemplation stage of change  
is in denial is demonstrating an external locus of control  
is in need of self-efficacy training

?

### Question 57

1.3 out of 1.3 points



Using the Transtheoretical Model as the basis for a behavior change intervention entails:

Selected Answer:

Answers: using the stages and processes of change to enable the change to occur.

Answers: identifying causes of the unwanted behavior  
determining the extent of intent to change the behavior being addressed  
using the stages and processes of change to enable the change to occur.

defining the beliefs that are known to underlie the problem behavior



### Question 58

1.3 out of 1.3 points



According to the Attribution Theory construct of controllability,

Selected



Answer:

controllable causes of undesirable behavior lead to blame and stereotyping.

Answers:

when unstable stable causes of behavior are controlled, they become stable. the more internal a cause, the less controllable it is. external causes of behavior are the only ones that can be controlled.



controllable causes of undesirable behavior lead to blame and stereotyping.



### Question 59

1.3 out of 1.3 points



The Self-Efficacy Theory construct of verbal persuasion explains that when people are told they will be successful at something new, they are more likely to try.

Selected



True

Answer:

e

Answers:



True

e

False



### Question 60

1.3 out of 1.3 points



According to the construct of mastery experiences in Self-efficacy Theory, attempting new behavior is more likely if:

Selected



Answer:

the new behavior is similar to something already done well.

Answers:

observational opportunities of the new behavior are available. an expert on the behavior provides guidance.



the new behavior is similar to something already done well. rewards are given.



### Question 61

1.3 out of 1.3 points



Which of the following best illustrates the use of Self-Efficacy Theory to increase fruit and vegetable intake in XYZ community.

Selected



Answer:

Hold vegetarian cooking classes at a local restaurant so residents can practice preparing new foods.

Answers:

Replace

junk food in the school vending machines with fruits and vegetables so students only have healthy snacks to choose from.



Hold vegetarian cooking classes at a local restaurant so residents can practice preparing new foods.

Send a brochure to community residents with information about how many daily servings of fruit and vegetables they need each so they can make the changes.

Implement a community garden so the residents can grow their own fruits and vegetables.



### Question 62

1.3 out of 1.3 points



According to the Theory of Reasoned Action and Planned Behavior, one way to change behavior would be to:

Selected Answer:



alter intention.

Answers: strengthen self-efficacy.

increase awareness of health issue.



alter intention. improve

networks.



### Question 63

1.3 out of 1.3 points



According to the construct of volitional control, if engaging in as behavior is perceived to be easy, then the likelihood of engaging in the behavior is greater.

Selected



Fals

Answer:

e

Answers:

True

Fals

e



### Question 64

1.3 out of 1.3 points



Which of the following reflects the construct of volitional control in the Theory of Reasoned Action?

Selected Answer:



regular use of sunscreen

Answers:



- regular use of sunscreen having
- a partner practice safer sex
- avoiding foodborne illness
- participating in a clinical drug trial



### Question 65

1.3 out of 1.3 points



According to the Self-Efficacy Theory construct of somatic and emotional states, self-efficacy is affected when:

Selected



Answer:

thought of the behavior causes anxiety or fear.

Answers:

- important others are supportive of the behavior change. there is a belief that one will succeed.
- intention to perform the behavior changes due to illness.
- thought of the behavior causes anxiety or fear.



### Question 66

1.3 out of 1.3 points



If you wanted to use a theory that focused on factors such as knowledge and attitudes, which type would be most appropriate?

Selected



Answer:

Intrapersonal

Answers:



- Intrapersonal
- Interpersonal
- Community
- Societal



### Question 67

1.3 out of 1.3 points



The perception of threat in the Health Belief Model refers to:

Selected



Answer:

the perception of disease seriousness in combination with susceptibility.

Answers:

the likelihood of contracting a fatal illness.



the perception of disease seriousness in combination with susceptibility. the degree to which a person is afraid of a disease.

the individual belief of the outcome of contracting a particular illness.



### Question 68

1.3 out of 1.3 points



Freebie question! What class is this?

Selected



Answer:

HSC  
340

Answers:



HSC 340  
HSC 430  
HSC 420  
HSC  
320



### Question 69

1.3 out of 1.3 points



The Health Belief construct of perceived seriousness is best explained by which of the following?

Selected



Answer:

An individual's own opinion of the detrimental effects of a disease

Answers:

The medical definition of the cause and effects of the illness.



An individual's own opinion of the detrimental effects of a disease

Societal beliefs of the extent of disease seriousness.

Subjective norms attitudes toward the extent of disability caused by the disease..



### Question 70

1.3 out of 1.3 points



Which of the following would be consistent with tasks in the preparation stage of the Transtheoretical Model?

Selected Answer: ☒ Making plans for how the change will be implemented

Answers: Identifying rewards that would support maintenance of the new behavior



Making plans for how the change will be implemented

Gathering information about the health problem

Isolating possible relapse triggers



### Question 71

1.3 out of 1.3 points



According to the Theory of Reasoned Action, behavior is affected by volitional control because it:

Selected ☒

Answer: ☒ affects intention to engage in a behavior.

Answers: ☐ impacts self-efficacy.



affects intention to engage in a behavior.

reflects belief in onesâ ability to avoid illness.

is under the influence of subjective norms.



### Question 72

1.3 out of 1.3 points



Which construct of the Self-Efficacy Theory would you use to explain behavior based on past success engaging in a similar behavior?

Selected Answer: ☒ C. Mastery Experiences

Answers: Verbal persuasion  
Somatic and Emotional States



C. Mastery Experiences

Vicarious Experiences



### Question 73

1.3 out of 1.3 points



In an effort to move people from the contemplation stage in the Transtheoretical Model to the next stage, which of the following processes would be appropriate to use?

Selected Answer: Self-reevaluation

Answers:

Self-reevaluation

Counter conditioning

Reinforcement management

Stimulus control



### Question 74

1.3 out of 1.3 points



Adolescents are more likely to resist smoking if they think their parents would be disappointed with them if they smoked. Using this as the basis, which of the following theories would be most appropriate to use in developing a smoking prevention intervention ?

Selected

Answer: Theory of Reasoned Action

Answers:

Theory of Reasoned Action

Social Capital

Social Cognitive Theory

Health Belief Model



### Question 75

1.3 out of 1.3 points



The Health Belief Model was first developed in response to:

Selected

Answer: the need to understand why people were not accessing free screenings.

Answers: the HIV/AIDS epidemic.

an increase in cultural diversity in urban areas.



the need to understand why people were not accessing free screenings. the lack of comprehensive model to explain behavior.



### Question 76

1.3 out of 1.3 points



Attribution Theory explains that in order to change behavior the cause of the behavior must be known.

Selected

e ☒ True ☒ Answer: e  
False ☐ Answers: ☒ True

?

### Question 77

1.3 out of 1.3 points



According to Self-Efficacy Theory, efficacious people see difficult tasks as threats and avoid them.

Selected

☒ False ☒ Answer: e  
Answers: True  
☒ False  
e

?

### Question 1



Theories are used as the basis for public health programs or interventions because they provide:

Selected

☒ a possible explanation for health behavior.

Answers: the reason why the health problems exist.



a possible explanation for health behavior. the basis for funding decisions. answers as to disease causality

?

### Question 2



If you wanted to use a theory that focused on factors such as knowledge and attitudes, which type would be most appropriate?

Selected



Answer:

☒ Intrapersonal

Answers:



Intrapersonal  
Interpersonal  
Community  
Societal

?

### Question 3



Theories at the \_\_\_\_\_ level focus on the assumption that other people in our lives affect our health decisions and thus, our health behavior.

Selected



Answer:

Interperso nal

Answers:

Intraperso  
nal



Interperso nal

Communit y

Societal

?

### Question 4



Theories

Selected



Answer:

come from a need to solve a  
problem.

Answers:



come from a need to solve a  
problem. are tested and become  
laws. cannot be changed once  
developed.

determine cause and effect.

?

### Question 5



A theoretical concept is:

Selected



Answer:

the idea upon which the theory  
is based

Answers:



the idea upon which the theory is based

the means by which a theory is measured

the way in which the theory is applied

the outcome of the theory in practice

?

### Question 6



Which of the following best summarizes a theory's concept?

Selected



Answer: It is the foundation or idea underlying the theory

Answers: It is the way in which the theory is used



It is the foundation or idea underlying the theory

It is the outcome expected from using the theory

It is the operationalization of the constructs

?

### Question 7



Changing the legal limit for a DUI arrest would be consistent with which theoretical level of intervention?

Selected



Answer: Community

Answers: Intrapersonal

Interpersonal



Community

Regional

?

### Question 8



Theories that explain behavior at the intrapersonal level would focus on factors such as:

Selected Answer: Gender and beliefs

Answers: Relationships and expectations

Societal expectations and  
cultural norms Public policies  
and laws



Gender and beliefs

?

### Question 9



When using community level theories, behavior change is predicated on:

Selected Answer: Changing factors within social systems

Answers:



Changing factors within social systems

Formal education of large groups of people

Assessing the knowledge level of the population

Understanding the community's unique cultural composition.



### Question 10



Which of the following is consistent with a model

Selected Answer:

Answers: A **A composite of concepts from any number of different theories.** specific theoretical

concept that is used in a specific setting for a

given population.

Several related constructs from one theory



A composite of concepts from any number of different theories.

An example of how a theory can be applied to address a particular health issue.



### Question 1

2 out of 2 points



Which construct of the Self-Efficacy Theory would you use to explain behavior based on observing the success or failure of others who are similar to us?

Selected Answer:

**Vicarious Experiences**

Answers: Verbal persuasion  
Somatic and Emotional States

Mastery Experiences



Vicarious Experiences



### Question 2

2 out of 2 points



Which of the following would be most consistent with the use of mastery experiences in Self-Efficacy Theory as the basis for an HIV risk reduction program?

Selected Answer:

Answer: **Demonstrating proper application of a condom using anatomical models and providing opportunity for practice**

Answers: Showing a video about the biology of the human immunodeficiency virus.

Providing educational materials on the pathophysiology of HIV infection

Having guest speakers with HIV discuss how the infection has changed their lives.



Demonstrating proper application of a condom using anatomical models and providing opportunity for practice



### Question 3

2 out of 2 points



Which construct of the Self-Efficacy Theory would you use to explain behavior based on past success engaging in a similar behavior?

Selected Answer: C. Mastery Experiences

- Answers:
- Verbal persuasion
  - Somatic and Emotional States
  - C. Mastery Experiences
  - Vicarious Experiences



### Question 4

2 out of 2 points



Which of the following best illustrates the use of Self-Efficacy Theory to increase fruit and vegetable intake in XYZ community.

Selected Answer: Hold vegetarian cooking classes at a local restaurant so residents can practice preparing new foods.

- Answers:
- Replace junk food in the school vending machines with fruits and vegetables so students only have healthy snacks to choose from.
  - Hold vegetarian cooking classes at a local restaurant so residents can practice preparing new foods.
  - Send a brochure to community residents with information about how many daily servings of fruit and vegetables they need each so they can make the changes.
  - Implement a community garden so the residents can grow their own fruits and vegetables.



### Question 5

2 out of 2 points



Which construct of Self-Efficacy Theory would you use to explain behavior based on how we feel when we think about engaging in a particular behavior.

Selected Answer: Somatic and emotional states

- Answers:
- Verbal persuasion
  - Somatic and emotional states
  - Mastery experiences
  - Vicarious experiences



### Question 6

1 out of 1 points



Of the following, which best demonstrates the use of the Self-Efficacy construct of verbal persuasion?

Selected



Answer:

Encouraging parents to commend their children for choosing fruit over chips as an after school snack.

Answers:

Instructing teachers warn children they are not permitted to bring cookies to school for dessert.

Having pediatricians inform parents about healthy snack foods for their children.



Encouraging parents to commend their children for choosing fruit over chips as an after school snack.

Using role models to tell students about the benefits of eating healthier foods.



### Question 7

2 out of 2 points



Which of the following exercise programs for older adults at a local gym best demonstrates the use of the construct of vicarious learning in the Self-efficacy theory?

Selected



Answer:

An older adult member of gym guides the others through the exercises.

Answers:

The exercise sessions are taught by a personal trainer from the gym.

A cartoon video is used to demonstrate the exercises.

The granddaughter of one of the program participants runs the sessions.



An older adult member of gym guides the others through the exercises.



### Question 8

1 out of 1 points



According to the construct of mastery experiences in Self-efficacy Theory, attempting new behavior is more likely if:

Selected



Answer:

the new behavior is similar to something already done well.

Answers:

observational opportunities of the new behavior are available.

an expert on the behavior provides guidance.



the new behavior is similar to something already done well.  
rewards are given.



### Question 9

1 out of 1 points



According to the Self-Efficacy Theory construct of somatic and emotional states, selfefficacy is affected when:

Selected



Answer:

thought of the behavior causes anxiety or fear.

Answers:

important others are supportive of the behavior change. there is a belief that one will succeed.  
intention to perform the behavior changes due to illness.



thought of the behavior causes anxiety or fear.



### Question 10

2 out of 2 points



Which of the following is true of the construct of mastery experiences in the SelfEfficacy theory?

Selected

Answer:

Answers:



It is the most effective means by which to increase self-efficacy.



It is the most effective means by which to increase self-efficacy.

It enable people to keep trying to learn something new even after repeated failures.

It is based on people learning from others who are masters at the new behavior.

It requires an evaluation by others as to the extent of mastery.



### Question 11

1 out of 1 points



Self-efficacy is increased through vicarious learning if:

Selected



Answer:

the person being observed is like the observer.

Answers:



the person being observed is like the observer.  
the behavior is easier to demonstrate than to explain in words.  
there is opportunity for practice what is observed.  
there is a relationship between the observer and the observed.



### Question 12

2 out of 2 points



Which of the following best summarizes the concept of the Self-Efficacy Theory?

Selected



Answer:

People will only try things they think they can do.

Answers:

People will try anything they haven't done before.



People will only try things they think they can do.

People will not do anything they can't do perfectly.

People will repeat something new until they get it right.



### Question 1

2 out of 2 points



A manual that increases knowledge of the health problem being addressed and provides possible solutions would be appropriate to help people with an external locus of control change their behavior.

Selected



Fals

Answer:

e

Answers:

True



Fals e



### Question 2

2 out of 2 points



According to the Attribution Theory construct of controllability,

Selected



Answer:

controllable causes of undesirable behavior lead to blame and stereotyping.

Answers: when unstable stable causes of behavior are controlled, they become stable. the more internal a cause, the less controllable it is.  
external causes of behavior are the only ones that can be controlled.  
controllable causes of undesirable behavior lead to blame and stereotyping.

?

### Question 3

2 out of 2 points



The underlying concept of Attribution Theory is:

Selected  
Answer:



a cause or explanation for things that happen.

Answers: intention to engage in a behavior.

personal beliefs of behavior initiation.



a cause or explanation for things that happen.

the relationship between a person and the environment.

?

### Question 4

2 out of 2 points



Which of the following statements is consistent with an internal locus of control?

Selected Answer:



Answers: I do During flu season, I wash my hands more often to avoid getting sick. whatever my doctor tells me too regarding my health.



During flu season, I wash my hands more often to avoid getting sick. Luck has been on my side this year, I didn't catch one cold.

There is no sense in wearing a seat belt, if you're meant to get hurt in an accident, you will.

?

### Question 5

2 out of 2 points



Which of the following demonstrates an internal, stable cause of behavior?

Selected



Answer:

intelligence

Answers:



intelligence

intention

skill

desire



### Question 6

2 out of 2 points



Attribution Theory explains that in order to change behavior the cause of the behavior must be known.

Selected

☒ True

Answer:

e

Answers:

☒ True

e

False



### Question 7

2 out of 2 points



If the cause of a behavior is known, then the cause can be avoided and the behavior changed.

Selected

☒ True

Answer:

e

Answers:

☒ True

e

False



### Question 8

2 out of 2 points



The construct of stability in Attribution Theory refers to the extent to which the cause of a particular behavior is consistent or inconsistent, whether it is always the same or if it changes.

Selected

☒ True

Answer:

e

Answers:

☒ True

e

False



### Question 9

2 out of 2 points



Which of the following demonstrates an internal, unstable cause of behavior?

Selected Answer: ☒

knowledge

Answers:

genetic

predisposition

family history past

experiences

☒

knowledge



### Question 10

2 out of 2 points



Attribution Theory tells us that it is important to identify behavioral cause at the individual level because the same behavior may result from different causes for different people.

Selected ☒ True

Answer: ☒ True

Answers: ☒ True

☐ False

☐ False

?

### Question 1



2 out of 2 points

Selected Answer: ☒ The construct of perceived barriers refers to:

☒ the things a person sees as impediments to change.

Answers: ☐ a person's lack of comprehension about the seriousness of a health problem.  
☐ beliefs related to the financial obligations of adopting a new behavior.



☒ the things a person sees as impediments to change.

☐ any rule or regulation that may interfere with changing behavior.

?

### Question 2



3 out of 3 points

Selected ☒

Answer: ☒ the need to understand why people were not accessing free screenings.

Answers: ☐ the HIV/AIDS epidemic.

☐ an increase in cultural diversity in urban areas.



☒ the need to understand why people were not accessing free screenings.

☐ the lack of comprehensive model to explain behavior.

?

### Question 3



2 out of 2 points

Selected ☒

Answer: ☒ It is the most commonly used theory in health education and promotion.

Answers: ☒

It is the most commonly used theory in health education and promotion.

It was initially developed to explain why people didn't exercise.

It is based on rational emotive therapy.

It examines behavior from a religious perspective.

?

#### Question 4

2 out of 2 points



The underlying concept of the Health Belief Model explains that behavior results from:

Selected



Answer:

individual beliefs and perceptions.

Answers:

intention to engage in the behavior as a result of beliefs.

the relationship between the environment, societal beliefs and the person.

a series of stages and processes.

 individual beliefs and perceptions.

?

#### Question 5

2 out of 2 points



Which of the following theories would be most appropriate to base an intervention on that aims to increase participation in testicular cancer screening among high school students in an effort to combat the idea that cancer is an "old person's disease" .

Selected Answer: 

Health Belief Model

Answers:



Health Belief Model

Attribution Theory

Theory of Reasoned Action

Self-Efficacy Theory

?

#### Question 6

2 out of 2 points



The Health Belief construct of **perceived seriousness** is best explained by which of the following?

Selected



Answer:

An individual's own opinion of the detrimental effects of a disease

Answers: The cause and effects of the illness.

medical definition of the



An individual's own opinion of the detrimental effects of a disease

Societal beliefs of the extent of disease seriousness.

Subjective norms attitudes toward the extent of disability caused by the disease..



### Question 7

2 out of 2 points



The perception of threat in the Health Belief Model refers to:

Selected



Answer:

the perception of disease seriousness in combination with susceptibility

Answers:

the likelihood of contracting a fatal illness.



the perception of disease seriousness in combination with susceptibility. the degree to which a person is afraid of a disease.

the individual belief of the outcome of contracting a particular illness.



### Question 8

2 out of 2 points



Which of the following demonstrates content on a flyer geared toward increasing the flu immunization rates of older adults, using the Health Belief Model construct of perceived susceptibility?

Selected Answer:



The age groups most at risk for contracting the flu

Answers:

The dates and times vaccinations are available at the health department

A list of possible symptoms



The age groups most at risk for contracting the flu

A detailed explanation of flu complications in the different age groups



### Question 9

3 out of 3 points



According to the Health Belief Model, which of the following demonstrates a cue to action?

Selected



Answer:

Placing an article in the local paper about influenza vaccination.

Answers:



Placing an article in the local paper about influenza vaccination.

Having people in a smoking cessation program identify a quit date.

Asking students to choose the type of game they want to play in a physical education class.

Serving low sodium food at a senior center.



### Question 1

2 out of 2 points



According to the Theory of Reasoned Action, behavior is affected by volitional control because it:

Selected



Answer:

affects intention to engage in a behavior .

Answers:

impacts self-efficacy.



affects intention to engage in a behavior.

reflects belief in onesâ ability to avoid illness.

is under the influence of subjective norms.



### Question 2

2 out of 2 points



Which of the following is the construct of the Theory of Reasoned Action that explains behavior based on what we think others expect of us?

Selected



Answer:

subjective norms

Answers:

societal  
marketing



subjective

norms

social capital  
subjected justice



### Question 3

2 out of 2 points

The Theory of Reasoned Action explains behavior based on:

Selected

Answer:

Intrapersonal factors

Answers:

Intrapersonal factors

Environmental factors

Educational factors

Social factors



### Question 4

2 out of 2 points



Which of the following is the construct of the Theory of Reasoned Action that explains behavior based on a series of beliefs?

Selected Answer:

attitude toward the behavior

Answers:

attitude toward the behavior

aptitude to understand the behavior

association between action and change

Approach



### Question 5

2 out of 2 points



Subjective norms are useful in explaining behavior because they reflect:

Selected

Answer:

Personal perception of behaviors perceived as expected by others.

Answers: Attitudes and beliefs toward the behavior



Personal perception of behaviors perceived as expected by others.

The extent of control over normal behaviors.

Societal expectations of those in the community.



### Question 6

2 out of 2 points



The Theory of Reasoned Action would be appropriate to use as the basis of a program aimed at:

Selected Answer: changing intention.

Answers: modifying threat.

increasing critical thinking.



changing intention.

decreasing external locus of control.



### Question 7

2 out of 2 points



Which of the following reflects the construct of volitional control in the Theory of Reasoned Action?

Selected Answer: regular use of sunscreen

Answers:



regular use of sunscreen

having a partner practice safer

sex avoiding foodborne illness

participating in a clinical drug

trial



### Question 8

2 out of 2 points



According to the Theory of Reasoned Action and Planned Behavior, one way to change behavior would be to:

Selected Answer:

alter intention.

Answers: strengthen self-efficacy.

increase awareness of health issue.



alter intention. improve

networks.



### Question 9

2 out of 2 points



Adolescents are more likely to resist smoking if they think their parents would be disappointed with them if they smoked. Using this as the basis, which of the following theories would be most appropriate to use in developing a smoking prevention intervention ?

Selected



Answer:

Theory of Reasoned Action

Answers:



Theory of Reasoned Action

Social Capital

Social Cognitive Theory

Health Belief Model



### Question 10

2 out of 2 points



\_\_\_\_\_ is the construct of the Theory of Reasoned Action that explains behavior based on our ability to do something at will?

Selected



Answer:

volitional control

Answers: vocational

control



volitional control

voluminous control

vicarious control



### Question 1

0 out of 1.5 points



When using the Social Cognitive Theory construct of reinforcement to change behavior:

Selected



Answer:

skills are taught in a variety of ways

Answers:

behavior change initiatives are repeated



desirable behavior is rewarded

skills are taught in a variety of ways

mastery experiences need to be provided


?

## Question 2

0 out of 1.5 points



The usefulness of the Social Cognitive Theory construct of observational learning is determined by:

Selected Answer: 

the reward to be given for learning the behavior

Answers: the intention of the observer to learn the behavior

the reward to be given for learning the behavior

the amount of time given the observer to learn the behavior



the extent of attention given to the person modeling the behavior.

?

## Question 3

1.5 out of 1.5 points



In using the Social Cognitive Theory concept of reciprocal determinism to elicit behavior change you would focus on:

Selected Answer:



the interplay between a behavior, personal factors and the environment.

Answers:

the process of determining what should be given in return for a adopting a healthy behavior.

the relationship between doing the most amount of good with limited resources.



the interplay between a behavior, personal factors and the environment.

the effect the changed behavior has on the person's perception of self.


?

## Question 4


2 out of 2 points



According to Social Cognitive Theory, behavior is influenced by expectations. Which of the following demonstrates this?

Selected 

Answer: People brush their teeth to reduce the risk of cavities.

Answers: 

People brush their teeth to reduce the risk of cavities.

In general, people need 7-9 hours of sleep each night.

Children should have time to exercise during school hours.

Road rage can be avoided.



### Question 5

1.5 out of 1.5 points



You want to encourage youngsters to develop good handwashing practices using the SCT construct of observational learning. Which of the following demonstrates this?

Selected 

Answer: having a super hero figure demonstrate how to wash your hands

Answers: 

having a super hero figure demonstrate how to wash your hands

rewarding students who correctly wash their hands

prohibiting students from eating until they wash their hands

using puppets to explain why they should wash their hands




### Question 6

1.5 out of 1.5 points



The Social Cognitive Theory construct of observational learning, is appropriate when:

Selected Answer: 

Answers: there is the behavior being observed is complex. no other way to convey the information.

the model being observed is as similar as possible to the person observing.



the behavior being observed is complex. there is opportunity for repeated observations.



### Question 7

0 out of 1.5 points



The low rate of flu immunization among students living in residence halls at ABC University is cause for concern. To increase vaccination rates of the students, nasal administration rather than injection was used. Which construct of Social Cognitive Theory below would be consistent with this approach to behavior change?

Selected



Answer:

Expectancies

Answers:



Emotional arousal Expectancies

Observational learning

Reinforcement



### Question 8

1.5 out of 1.5 points



With substantial attention on obesity these days, much attention is being given to weight control through the adoption of healthier diets and increased exercise. However, according to which of the following constructs of the Social Cognitive Theory, do people need to know what they have to change and how to go about changing it, before any behavior change will occur.

Selected



Answer:

Behavioral  
Capability

Answers:

Self-regulation

Expectations

Emotional Arousal



Behavioral  
Capability



### Question 9

1.5 out of 1.5 points



People who fear screening tests such as a pap smear or a rectal exam for prostate cancer because it may cause pain or embarrassment, avoid them. Which of the following constructs of the Social Cognitive Theory would explain why this occurs

Selected



Answer:

Emotional  
arousal

Answers:

Reinforcement

Expectancies

Self-regulation



Emotional arousal



### Question 10

1.5 out of 1.5 points



The construct of expectations in Social Cognitive Theory explains that people avoid certain health behaviors because they

Selected Answer:

Answers:

- anticipate the outcome to be unpleasant.
- anticipate the outcome to be unpleasant. assume they will fail at implementing the behavior. do not see a benefit in undertaking the behavior.
- believe their significant others would be opposed to the behavior.



### Question 11

0 out of 1.5 points



People over 65 in ABC Township, in general do not participate in the annual flu vaccination program. After discussion with the more vocal citizens among this group, it was found that they do not believe it is worth the risk of getting sick from the vaccine itself, which sometimes happens. To counter this concern, which construct of Social Cognitive Theory would be consistent with this approach to behavior change?

Selected Answer:

Answers:

- Reinforcement
- Reinforcement
- Self-efficacy
- Expectancies
- Observational learning



### Question 12

1.5 out of 1.5 points



The Social Cognitive Theory concept of reciprocal determinism explains behavior as being the result of:

Selected

Answer:

Answers:

- an interaction between people, their environment and their behavior.
- people in give and take relationships working together
- an interaction between people, their environment and their behavior. the back and forth relationships we have with those in our social networks. following individual principles of fairness and reciprocity.



### Question 13

1.5 out of 1.5 points




The Social Cognitive Theory construct of Self- Regulation explains that behavior:

Selected



Answer: is the result of self-efficacy, expectations and goal setting

Answers:  is the result of self-efficacy, expectations and goal setting  
results when a person has an internal locus of control.  
changes when the barriers to change can be regulated  
by the person. changes incrementally

?



### Question 1

2 out of 2 points



Of the process of change below, which would you use to move people from precontemplation to contemplation if using the Transtheoretical Model to implement a behavior change?

Selected Answer: 

Answers: Social  Consciousness raising liberation  
Environmental reevaluation  
 Consciousness raising  
Helping relationships


?


### Question 2

2 out of 2 points



To assist people in maintaining their new behavior according to the Transtheoretical Model, which of the following would be helpful?

Selected Answer:  Establishing self help groups and strengthening helping relationships

Answers:  Establishing self help groups and strengthening helping relationships  
Providing information about the health problem being addressed  
Conducting values clarification exercises  
Examining the effect the new behavior has on the external environment


?

### Question 3


2 out of 2 points



In the Transtheoretical Model, before a person can move from contemplation to the next stage which of the following must occur?

Selected Answer:  **A decision must be made to pursue the change**

Answers:

- A decision must be made to pursue the change**
- A plan must be completed so the behavior change can occur
-  A decision must be made to pursue the change
- A system of rewards and punishment must be established
- A commitment to a change date has to be made

?

#### Question 4

2 out of 2 points



According to the Transtheoretical Model, using the process of environmental reevaluation means that people look at their new behavior in light of how it will change the environment for the better.

Selected  **Fals**

Answer: **e**

Answers: True

 Fals e


?

#### Question 5


2 out of 2 points



The impetus for the development of the Transtheoretical Model was:

Selected 

Answer: **the desire to explain how people with addictive behaviors change**

- Answers:
- the need for a model that encompassed all of theories addressing societal behavior change
  - a way to fill a void for a means by which to change behavior at the individual level
  -  the desire to explain how people with addictive behaviors change
  - a gap in knowledge about how to initiate behavior change around issues associated with poverty and poor health.

?

#### Question 6

2 out of 2 points




Which of the following would be consistent with tasks in the preparation stage of the Transtheoretical Model?

Selected Answer: 

**Making plans for how the change will be implemented**

Answers:

- Identifying rewards that would support maintenance of the new behavior
-  Making plans for how the change will be implemented

Gathering information about the health problem

Isolating possible relapse triggers



### Question 7

2 out of 2 points



People in the preparation stage of the Transtheoretical Model, are actively changing their behavior and preparing ways to sustain it once the change is complete.

Selected

☒ Fals

☒ Fals

e

Answer:

e

Answers:

True



### Question 8

2 out of 2 points



An example of stimulus control, one of the processes of the Transtheoretical Model, for someone who wants to change their diet to vegetarian would be to ignore what others have to say about their decision to make this change.

Selected

☒ Fals

☒ Fals

e

Answer:

e

Answers:

True



### Question 9

2 out of 2 points



According to the Transtheoretical Model, when people are in the process of changing their behavior, one thing they do to move the change along is to see themselves engaging in the new behavior.

Selected

☒ Tru

☒ Tru

e

Answer:

e

Answers:

☒ Tru

e

False



### Question 10

2 out of 2 points



In an effort to move people from the contemplation stage in the Transtheoretical Model to the next stage, which of the following processes would be appropriate to use?

Selected Answer:

☒

Self-reevaluation

Answers:

☒

Self-reevaluation

Counter conditioning

Reinforcement management

Stimulus control



### Question 1

0 out of 1.5 points



You are developing a new, innovative exercise program for older adults. According to the construct of communication channels in Diffusion of Innovation, the best means to inform the people for whom this program is intended is to:

Selected Answer:

Run ads in the local newspaper about the program.

Answers: Have the physicians in the community inform their patients.

Run ads in the local newspaper about the program.

Do a mass mailing to all households in the community.



Enlist a group of older adults to help you spread the word among their peers.



### Question 2

1.5 out of 1.5 points



According to Diffusion of Innovation, in order for an innovation to ultimately be adopted it has to be:

Selected Answer:

Compatible with social norms

Answers: Easily accessed

Inexpensive



Compatible with social norms

Available to people at all levels of the social ladder



### Question 3

1.5 out of 1.5 points



The first step in the innovation-decision process of Diffusion of Innovation is:

Selected

Answer: having knowledge of the innovation

Answers: determining the cost of the innovation



having knowledge of the  
innovation identifying need  
for the innovation trying the  
innovation



#### Question 4

2 out of 2 points



According to Diffusion of Innovation, to increase the likelihood of teenagers finding out about and using a new health app for their iPhones, the information about it should come from:

Selected Answer:



Friends

Answers: Parents

S

Teachers



Friends

Siblings



#### Question 5

1.5 out of 1.5 points



You used Diffusion of Innovation to increase handwashing among students on your campus. During which phase of the innovation-decision process would you expect to begin seeing more students engaged in this behavior?

Selected



Answer:

Implementation

Answers:

Confirmation

Decision



Implementation

Reinforcement



#### Question 6

1.5 out of 1.5 points



To increase the chances of an innovation being adopted, it must conform to the social norms of the population.

Selected



Answer:

True

Answers:



True

False



### Question 7

1.5 out of 1.5 points



In an effort to enroll participants in the first meeting of an innovative new program, you have decided to use Diffusion of Innovation as the basis for your recruitment efforts. As such, your advertisements and flyers would contain which of the following messages?

Selected Answer:



be the first to

Answers:



be the first to

join the in crowd

everyone is coming

don't be left out



### Question 8

1.5 out of 1.5 points



If you were implementing a new, innovative exercise program in your community, you would want to get the "Innovators" in your town interested in first because they:

Selected Answer:



are the risk takers who try everything as soon as possible

Answers:



are the risk takers who try everything as soon as possible are the community leaders who set the tone for others have a large circle of friends at all SES levels have the connections to provide financial backing to sustain implementation



### Question 9

1.5 out of 1.5 points



Your innovative exercise program will become mainstream and part of the social culture as soon as which of the following groups on the adoption curve begin to use it?

Selected



Answer:

Early

majority

Answers:

Innovators

Early adopters



Early

majority Laggards



### Question 10

1.5 out of 1.5 points



According to Diffusion of Innovation, what is the relationship between the attitude toward an innovation and its ultimate adoption?

Selected Answer:

Answers:



If the attitude is positive, the likelihood of adoption is increased.

If the attitude is positive, the likelihood of adoption is increased.

If the attitude is negative, the likelihood of adoptions is not affected.

If the attitude is neutral, adoption is decreased.

There is no relationship between the attitude toward an innovation and its ultimate adoption.



### Question 11

1.5 out of 1.5 points



You are planning a comprehensive, year-long lead poisoning prevention program for the small rural community of ABC Village. Your first intervention must be a communication campaign to increase awareness of the problem. Which of the following theories would be most appropriate to use as the framework for the whole program?

Selected



Answer:

Diffusion of  
Innovation

Answers:

Transtheoretical Model



Diffusion of Innovation

Self-Efficacy  
Theory

Social Cognitive  
Theory



### Question 12

1.5 out of 1.5 points

During which stage of the innovation-decision process of Diffusion of Innovation would someone develop an attitude toward the innovation?

Selected Answer:



Persuasion

Answers: Awareness



Persuasion

Trial

Reinforcement



### Question 13

0 out of 1.5 points



An innovative way to encourage people to wash their hands for the requisite 20 seconds has just been introduced: it is a soap that changes colors the longer you wash. This would most likely be adopted because it meets which of the following characteristics of an innovation?

Selected Answer:



Explainable

Answers:

Inexpensive



Advantageous

Repeatable

Explainable



### Question 1

2 out of 2 points



The underlying concept of ecological models is best reflected in which of the following:

Selected



Answer:

Behavior results from an interplay between personal and environmental influences

Answers:

The more people change, the better the environment.

The environment in which people live is the basis for behavior change.

Nature is at the center of behavior change.



Behavior results from an interplay between personal and environmental influences



### Question 2

2 out of 2 points



The significant difference between the concept underlying ecological models and the other behavior models and theories is that:

Selected



Answer:

they are a point of view explaining behavior by levels of influence rather than constructs.

Answers:

ecological models explain behavior as a result of changes in the environment.



they are a point of view explaining behavior by levels of influence rather than constructs.

in order for behaviors to be explained, they need to be under volitional control. the concept does not take into account personal factors.



### Question 3

2 out of 2 points



If you were designing an intervention using an ecological model addressing institutional factors that was focused on increasing fruit consumption on your campus, which of the following would you do?

Selected



Answer:

Work with the food service people to offer only fruit for dessert twice a week.

Answers:



Work with the food service people to offer only fruit for dessert twice a week.

Have a taste testing station set up in the Student Center and give out free samples of different fruits.

Request that the number of nutrition courses offered each semester be increased.

Remove all of the vending machines that offer junk food snacks.



### Question 4

2 out of 2 points

If you were designing an intervention using an ecological model addressing interpersonal factors that was focused on increasing green vegetable consumption on your campus, which of the following would you do?

Selected



Answer:

Ask club officers to serve as role models by increasing their green vegetable consumption

Answers:

Request that food service include at least one green vegetable at lunch and dinner, in addition to salad.

Have a taste testing station set up in the Student Center and give out free samples of different green vegetables.



Ask club officers to serve as role models by increasing their green vegetable consumption

Suggest that the number of nutrition courses offered each semester be increased.

?

### Question 5

2 out of 2 points



Which of the following would be an example of using an ecological approach to health behavior change at the institutional level?

Selected Answer:



Instituting an incentive program for employees to quit smoking.

Answers:

Providing sick care for employeesâ children on site.



Instituting an incentive program for employees to quit smoking.

Encouraging employees to car pool to address an inadequate parking situation.

Begin staggered work hours to take advantage of lower energy costs in the evening.

?

### Question 6

2 out of 2 points



In an effort to address the childhood obesity epidemic, you have been assisting the school board, parents association, and town council to develop initiatives that will encourage parents to allow their children to walk to and from school. This is an example of influencing behavior at which ecological level?

Selected



Answer:

community level

Answers:

interpersonal level

institutional level



community level societal

?

### Question 7

2 out of 2 points



In conducting a school based childhood obesity program using an ecological approach, which level would be addressed by targeting the relationships between family members?

Selected



Answer:

Interpersonal level

Answers:

Intrapersonal level



Interpersonal level

Institutional level

Community level



### Question 8

2 out of 2 points



In planning an intervention using an ecological model, which level would you be addressing by focusing on attitudes, beliefs and knowledge?

Selected Answer:



Intrapersonal

Answers:



Intrapersonal

interpersonal level

institutional level

community level



### Question 9

2 out of 2 points

If you were working with an employer to change the smoking policies at a large corporation, which level of the ecological model would be addressed?

Selected



Answer:

institutional

level

Answers:

interpersonal

level



institutional level

community

level societal



### Question 10

2 out of 2 points



If you were designing an intervention using an ecological model addressing personal factors that was focused on increasing fruit consumption on your campus, which of the following would you do?

Selected



Answer:

Have a taste testing set up in the Student Center and give out free samples of different fruits.

Answers:

Work with the food service people to take cake and cookies off the menu



Have a taste testing set up in the Student Center and give out free samples of different fruits.

Request that the number of nutrition courses offered each semester be increased.

Remove all of the vending machines that offer junk food snacks.

## Quiz

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### Question 1 (1 point)

*Saved*

Which of the following is true of the construct of “mastery experiences”



It is the most effective means by which to increase self-efficacy

in the Self-Efficacy theory?

Question 1 options:



It enable people to keep trying to learn something new even after repeated failures



It is based on people learning from others who are masters at the new behavior



It requires an evaluation by others as to the extent of mastery

### Question 2 (1 point)

*Saved*

According to the Self-Efficacy Theory construct of somatic and emotional states, self-efficacy is affected when:

Question 2 options:



Important others are supportive of the behavior change



Thought of the behavior causes anxiety or fear

There is a belief that one will succeed



Intention to perform the behavior changes due to illness

### **Question 3 (1 point)**

*Saved*

Which construct of the Self-Efficacy Theory would you use to explain behavior based on past success engaging in a similar behavior?

Question 3 options:



Verbal persuasion



Somatic and Emotional States



Mastery Experiences

Vicarious Experiences

## Question 4 (1 point)

*Saved*

According to Self-Efficacy Theory, efficacious people see difficult tasks as threats and avoid them Question 4 options:



True



False

---

Submit Quiz 4 of 4 questions saved

---

Quiz

## Question 1 (1 point)

*Saved*

According to the Theory of Reasoned Action and Planned Behavior, one way to change behavior would be to:

Question 1 options:



Strengthen self-efficacy



Increase awareness of health issue



Alter intention



Improve networks

## Question 2 (1 point)

*Saved*

Which of the following is the construct of the Theory of Reasoned Action that explains behavior based on what we think others expect of us?

Question 2 options:



Societal marketing



Subjective norms



Social capital



Subjected justice

## Question 3 (1 point)

*Saved*

The difference between the Theory of Reasoned Action (TRA) and the Theory of Planned Behavior (TPB) is that the TPB:

Question 3 options:



Is more effective in changing addictive behaviors



Is based on logic model, the TRA is based on the Health Belief Model



Contains the construct of behavioral control, the TRA does not

Puts less emphasis on individual behavior than the TRA

### Question 4 (1 point)

*Saved*

Attitudes are formed by a series of beliefs which result in a value being placed on the outcome of the behavior Question 4 options:



True



False

### Question 5 (1 point)

*Saved*

The Health Belief construct of perceived seriousness is best explained by which of the following?

Question 5 options:



The medical definition of the cause and effects of the illness



An individual's own opinion of the detrimental effects of a disease



Societal beliefs of the extent of disease seriousness



Subjective norms attitudes toward the extent of disability caused by the disease

### Question 6 (1 point)

*Saved*

The construct of perceived barriers refers to:

Question 6 options:



A person's lack of comprehension about the seriousness of a health problem



The things a person sees as impediments to change



Beliefs related to the financial obligations of adopting a new behavior



Any rule or regulation that may interfere with changing behavior

## Question 7 (1 point)

*Saved*

The underlying concept of the Health Belief Model explains that behavior results from:

Question 7 options:



Intention to engage in the behavior as a result of beliefs



Individual beliefs and perceptions

The relationship between the environment, societal beliefs and the person



A series of stages and processes

## Question 8 (1 point)



True



False

---

*Saved*

The construct of perceived benefits in the Health Belief Model explains that behavior change is influenced by the extent of expected positive results from the new behavior.

Question 8 options:

Submit Quiz *8 of 8 questions saved*

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Quiz

### Question 1 (1 point)



A cause or explanation for things that happen

*Saved*

The underlying concept of Attribution Theory is:

Question 1 options:



Intention to engage in a behavior



Personal beliefs of behavior initiation



The relationship between a person and the environment



During flu season, I wash my hands more often to avoid getting sick

### Question 2 (1 point)

*Saved*

Which of the following statements is consistent with an internal locus of control?

Question 2 options:



I do whatever my doctor tells me too regarding my health



Luck has been on my side this year, I didn't catch one cold



There is no sense in wearing a seat belt, if you're meant to get hurt in an accident, you will

### Question 3 (1 point)



Knowledge

*Saved*

Which of the following demonstrates an internal, unstable cause of behavior?

Question 3 options:



Genetic predisposition



Family history



Past experiences

### Question 4 (1 point)

*Saved*

If the cause of a behavior is known, then the cause can be avoided and the behavior changed.

Question 4 options:



Using the stages and processes of change to enable the change to occur

☐ False

☒ True

### Question 5 (1 point)

*Saved*

Using the Transtheoretical Model as the basis for a behavior change intervention entails:

☒ The pros of changing the behavior have to outweigh the cons

Question 5 options:

☐ Identifying causes of the unwanted behavior

☐ Determining the extent of intent to change the behavior being addressed

☐ Defining the beliefs that are known to underlie the problem behavior

### Question 6 (1 point)

*Saved*

According to the Transtheoretical Model, in order for behavior to change, which of the following conditions have to be met?

Question 6 options:

☐ Subjective norms need to be assessed and addressed

☒ Consciousness raising

Self-efficacy needs to be strong

☐ The behavior to be changed has to be under volitional control

### Question 7 (1 point)

*Saved*

Of the process of change below, which would you use to move people from pre-contemplation to contemplation if using the Transtheoretical Model to implement a behavior change?

Question 7 options:



Social liberation



Environmental reevaluation



Helping relationships

### Question 8 (1 point)

*Saved*

Which of the following processes of change is most similar to the concept of self-efficacy?

Question 8 options:



Counter-conditioning



Dramatic relief



Reinforcement management

Submit Quiz *8 of 8 questions saved*

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Quiz

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## Question 1 (1 point)

*Saved*



Self-liberation

The coping appraisal construct of the Protection Motivation Theory involves an assessment of all of these aspects, EXCEPT:

Question 1 options:



Effectiveness



Cost



Ability to carry out

## Question 2 (1 point)

*Saved*

The Social Cognitive Theory construct of observational learning , is appropriate when:

Question 2 options:



There is no other way to convey the information



The model being observed is as similar as possible to the person observing



Vulnerability



There is opportunity for repeated observations

## Question 3 (1 point)

*Saved*

In using the Social Cognitive Theory concept of reciprocal determinism to elicit behavior change you would focus on:

Question 3 options:



The process of determining what should be given in return for adopting a healthy behavior



The relationship between doing the most amount of good with limited resources



The behavior being observed is complex

The effect the changed behavior has on the person's perception of self

## Question 4 (1 point)

*Saved*

With substantial attention on obesity these days, much attention is being given to weight control through the adoption of healthier diets and increased exercise. However, according to which of the following constructs of the Social Cognitive Theory, do people need to know what they have to change and how to go about changing it, before any behavior change will occur.

Question 4 options:



The interplay between a behavior, personal factors and the environment

Self-regulation



Expectations



Emotional Arousal

## Question 5 (1 point)

*Saved*



Behavioral Capacity



Anticipate the outcome to be unpleasant

The construct of expectancies in Social Cognitive Theory explains that people avoid certain health behaviors because they:

Question 5 options:



Assume they will fail at implementing the behavior



Do not see a benefit in undertaking the behavior



Believe their significant others would be opposed to the behavior

### Question 6 (1 point)

*Saved*

When using the Social Cognitive Theory construct of reinforcement to change behavior:

Question 6 options:

### Question 7 (1 point)

*Saved*

According to the Social Cognitive Theory construct of behavioral capability , behavior is determined by perception of ability to perform a particular behavior.

Question 7 options:



Behavior change initiatives are repeated



Desirable behavior is rewarded



Skills are taught in a variety of ways



Mastery experiences need to be provided

Submit Quiz 7 of 7 questions saved

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## Question 1 (1 point)

*Saved*

An innovative way to encourage people to wash their hands for the requisite 20



True



False

---

seconds has just been introduced – it is a soap that changes colors the longer you wash. This would most likely be adopted because it meets which of the following characteristics of an innovation?

Question 1 options:



Inexpensive



Repeatable




Explainable




## Question 2 (1 point)

*Saved*

The first step in the innovation-decision process of Diffusion of Innovation is:

 Advantageous


Question 2 options:

-  Determining the cost of the innovation
-  Identifying need for the innovation
-  Trying the innovation

### Question 3 (1 point)

*Saved*

You used Diffusion of Innovation to increase handwashing among students on

 Having knowledge of the innovation

your campus. During which phase of the innovation-decision process would you expect to begin seeing more students engaged in this behavior?

Question 3 options:


-  Reinforcement

### Question 4 (1 point)

*Saved*

According to Diffusion of Innovation, a social system represents a group of people with very different characteristics, values and goals all of whom decide

 Confirmation

 Decision

 Implementation

if they will pass the information about and innovation along.

Question 4 options:

Quiz

---

### Question 1 (1 point)

*Saved*

The underlying concept of ecological models is best reflected in which of the following:

Question 1 options:



True



False



The more people change, the better the environment



The environment in which people live is the basis for behavior change



Nature is at the center of behavior change

### Question 2 (1 point)

*Saved*

The significant difference between the concept underlying ecological models and the other behavior models and theories is that:



Behavior results from an interplay between personal and environmental influences

Question 2 options:



Ecological models explain behavior as a result of changes in the environment



In order for behaviors to be explained, they need to be under volitional control



The concept does not take into account personal factors

### Question 3 (1 point)

*Saved*

If you were designing an intervention using an ecological model addressing



They are a point of view explaining behavior by levels of influence rather than constructs

personal factors that was focused on increasing fruit consumption on your campus, which of the following would you do?

Question 3 options:



Work with the food service people to take cake and cookies off the menu



Request that the number of nutrition courses offered each semester be increased



Remove all of the vending machines that offer junk food snacks

### Question 4 (1 point)

*Saved*



Have a taste testing set up in the Student Center and give out free samples of different fruits

From an ecological perspective, changing the norms of a neighborhood would be changing factors at the community level.

Question 4 options:

Submit Quiz *4 of 4 questions saved*

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Quiz

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## Question 1 (1 point)

- ☒ True
- ☐ False

*Saved*

From a Social Capital Theory perspective, before behavior can change, which of the following is needed?

Question 1 options:

- ☐ Access to the community leaders who have a greater amount of social capital
- ☐ An understanding of the dynamics between the different social groups in the community
- ☐ Strong self-efficacy and internal locus of control have to be dominant

## Question 2 (1 point)

- ☒ Trust and the desire for mutual exchange of resources among the people involved

*Saved*

Bridging relationships, according to Social Capital Theory, are those that:

Question 2 options:

- ☐ Last longer than any other type of relationship because the people are connected by virtue of a shared cultural heritage
- ☐ Give members of the group access to those in authority positions that they would not have otherwise had
- ☒ Form when groups of people from diverse backgrounds come together for the same reason, to attain the same outcome

access to



Provide a safe haven for people as they transition from one relationship to another

### Question 3 (1 point)

*Saved*

In Social Capital Theory, which of the following would represent a linking relationship?

Question 3 options:



Neighbors



Soccer team members



Grandparents and grandchildren

### Question 4 (1 point)



Employer and employee

*Saved*

The expectation of excessive alcohol use among fraternity members is an example of a bonding social capital relationship over health behavior.

Question 4 options:

Submit Quiz 4 of 4 questions saved

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Quiz Submissions - Practice Exam

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**Erene Hanna (username: EHANNA2) Attempt 1**



True



False

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Written: Feb 24, 2020 5:12 PM - Feb 24, 2020 5:23 PM

**Submission View**

Your quiz has been submitted successfully.

1 / 1 point

The construct of perceived seriousness in the Health Belief Model explains that behavior cannot be changed unless the health issue is fatal.

- ☐ True
- ☒ False

**Question**

1 / 1

2

point

Subjective norms are useful in explaining behavior because they reflect:

- ☐ Attitudes and beliefs toward the behavior
- ☒ Personal perception of behaviors perceived as expected by others.
- ☐ The extent of control over normal behaviors.
- ☐ Societal expectations of those in the community.

**Question**

1 / 1

3

point

If someone has not given any thought to changing his/her behavior, according to the Transtheoretical Model this person:

- ☒ is in the pre-contemplation stage of change
- ☐ is in denial
- ☐ is demonstrating an external locus of control
- ☐ is in need of self-efficacy training

**Question**

1 / 1

4

point

In using the Attribution Theory construct of stability as the basis for behavior change, internal stable causes cannot be changed.

- ☒ True

☐ False

**Question**

**5**

**1 / 1**

**point**

When choosing a theory to use as the basis of an intervention it is important to remember that:

☐ Any theory can be used in any situation.

☐ There is only one right theory for each problem and population.

☒ Each health problem in each population may require a different theory.

☐ The best theory to use is the one the professional is most familiar with.

**Question**

**6**

**1 / 1**

**point**

The low rate of flu immunization among students living in residence halls at ABC University is cause for concern. To increase vaccination rates of the students, nasal administration rather than injection. Which construct of Social Cognitive Theory below would be consistent with this approach to behavior change?

☒ Emotional arousal

☐ Expectancies

☐ Observational learning

☐ Reinforcement

**Question**

**7**

**1 / 1**

**point**

Of the following, which best demonstrates the use of the SelfEfficacy construct of verbal persuasion?

☐ Instructing teachers warn children they are not permitted to bring cookies to school for dessert.

☐ Having pediatricians inform parents about healthy snack foods for their children.

☐ Encouraging parents to commend their children for choosing fruit over chips as an after school snack.

☐ Using role models to tell students about the benefits of eating healthier foods.

**Question**

1 / 1

8

point

The first step in identifying which theory to use is doing a literature search.

☐ True

☒ False

**Question**

1 / 1

9

point

Bridging relationships, according to Social Capital Theory, are those that provide a safe haven for people as they transition from one relationship to another.

☐ True

☒ False

1 / 1

**Question 10**

point

An innovation that is different than what social norms dictate is more likely to be adopted than one that is consistent with the social norms.

☐ True

☒ False

1 / 1

**Question 11**

point

Theories are used as the basis for public health programs or interventions because they provide:

☐ the reason why the health problems exist. ☒ a possible explanation for health behavior. ☐

☐ the basis for funding decisions.

☐ answers as to disease causality

1 / 1

### Question 12

point

People who fear screening tests such as a pap smear or a rectal exam for prostate cancer because it may cause pain or embarrassment, avoid them. Which of the following constructs of the Social Cognitive Theory would explain why this occurs?

12 / 12

12 / 12

Done

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Reinforcement



Expectancies



Self-regulation



Emotional arousal

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